



COUNTY OF SAN DIEGO NEWS RELEASE

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MUMPS CASE AT HIGHLAND RANCH ELEMENTARY SCHOOL *County Working with School to Notify Parents of Possible Exposure*

A 9-year-old student at Highland Ranch Elementary School in the Poway Unified School District has been diagnosed with mumps. The child was not up to date on recommended vaccinations and developed symptoms after returning to San Diego from an international trip. The school is working closely with County health officials to notify families of students who may have been exposed to the disease.

“The child is no longer contagious and is back in school,” said Dr. Wilma Wooten, MD, MPH. “The child attended class four days during the infectious period so we are working with school officials to make sure parents are aware of the potential exposure to mumps.”

Mumps is a contagious viral disease. The disease is spread by coughing, sneezing or close contact with an infected person. Mumps causes a fever, headache, earache, and inflammation of the salivary glands which results in swelling and tenderness at the angle of the jaw.

Severe complications are rare but can include meningitis, decreased fertility, permanent hearing loss, and in extreme cases fetal loss during first trimester of pregnancy. There is no treatment for mumps. Most people recover without problems.

The best way to prevent mumps is by getting the MMR (measles, mumps, and rubella) vaccine. Two doses of the vaccine are recommended—one at 12 to 15 months of age and another at 4 to 6 years of age. International travelers should be up to date on recommended vaccinations 4 to 6 weeks before leaving the country.

For more information about mumps, other vaccine-preventable diseases, and the vaccines that protect against them, please contact the County HHSA Immunization Program at (866) 358-2966 or visit the website at www.sdiz.org.

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